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ABSTRACT OF THE DISCLOSURE

A multi-stage email interception method. First, an email message is received. Then, the receiving number corresponding to the email message is queried from an array according to the related information of the email message. The email message is rejected if the receiving number is higher than a first setting value and the email message conforms to the characteristics recorded in a specific email record; the email message is accepted first and then deleted if the receiving number is higher than a second setting value and the email address of the recipient of the email message does not appear in the recipient field of the email message; and the email message is accepted and forwarded to a specific mailbox if the receiving number is lower than the second setting value and more than a third setting value and the email address of the recipient of the email message does not appear in the recipient field of the email message.